



Robert E. Bush
Naval Hospital

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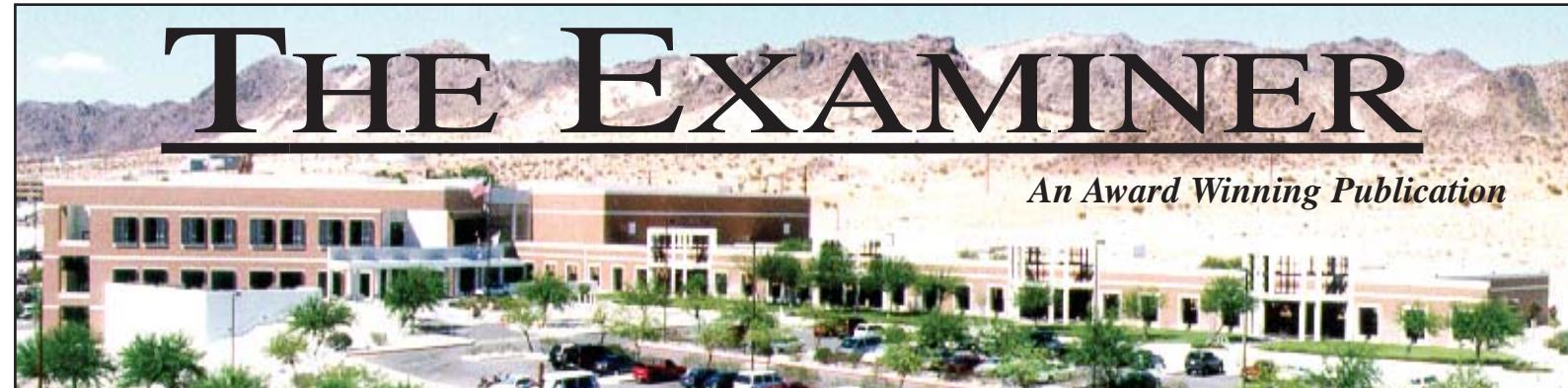
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<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Capt. Sourbeer Bids Adieu

By Dave Marks, NHTP Public Affairs Officer

Respect. It's the word that describes Capt. Jay C. Sourbeer's command style. Capt. Sourbeer, NHTP Commanding Officer from June 2012 to May 2015, officially retired in a retired/retained status May 29 in a change-of-command ceremony that spanned the emotional range from solemnity, to sadness, to joy.

The Navy change-of-command, steeped in tradition, was awe

NHTP's standard of care as measured through Healthcare Effectiveness Data and Information Set (HEDIS), but rather it was the appointment of effective directors and leaders and then supporting them administratively and personally that led to his success. "I'm not the salvation of the Command or the single element, but I am privileged to be the cheerleader for a lot of people who stepped up and did winning behaviors," Capt. Sourbeer said.

"Capt. Sourbeer inspired all staff at the hospital and branch clinics to attain HEDIS metric excellence. Each measure increased notably, propelling the hospital past 11 Navy facilities within a 12-month timespan. This example of success demonstrates how his visionary appointment of leadership can refocus an entire population's care by addressing the gap between healthcare services and beneficiaries," said Cmdr. Wendy Stone, NHTP Director of

Public Health.

Capt. Jay Sourbeer is presented a signed memento photograph by Mary Ellen Hogan at the Civilian Farewell luncheon honoring the departing Commanding Officer May 27.

inspiring. There was a note of sadness at the prospect of losing the leader responsible for raising the hospital's stature among military treatment facilities. And there was joy for the Sourbeers who are embarking on a new adventure as well as for the NHTP community who was introduced to its new Commanding Officer, Capt. John Lamberton.

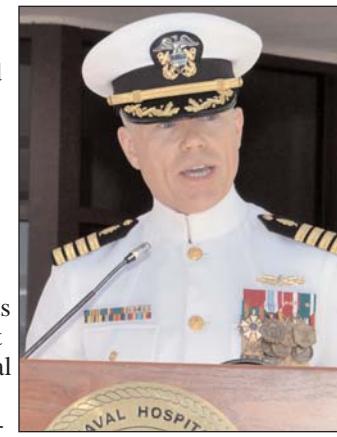
Capt. Sourbeer is the first to admit he didn't personally raise

"What makes Capt. Sourbeer an effective leader and sets him apart is his respect and understanding of all of the staff within his command, and his caring, compassion and sense of fairness" said Capt. Angela Nimmo, NHTP Executive Officer. "He always has the best interest of staff members in mind, regardless of whether

Please see Sourbeer, continued on Page 2

New CO Arrives on Board

NHTP, June 29. Capt. John Lamberton assumed command of Naval Hospital Twentynine Palms from outgoing Commander, Capt. Jay Sourbeer, under cloudless blue skies and increasingly warming temperatures. Rear Adm. Bruce Gillingham, Commander, Navy Medicine West, presided over the ceremony, bidding farewell to Capt. Sourbeer and welcoming in the new NHTP Commanding Officer.



Capt. John A. Lamberton

Capt. Lamberton, originally from Louisville, Ky., was executive officer at U.S. Naval Hospital Sigonella, Italy, prior to this assignment. He's been in the Navy 26 years as an officer and four years enlisted--as a surgical technician corpsman. He has a Bachelor of Science in Business Administration from the University of Central Florida and a Master's degree in Public Administration with a concentration in Healthcare Administration from Alabama's Troy University.

Capt. Lamberton kept his remarks brief. He said, "To the men and women of Robert E. Bush Naval Hospital, we have a legacy of military healthcare that brings us together--from sea to land, from land to sea, from under the sea to the sky, from the sky to the hospital--it is your individual knowledge that supports our mission; it is your individual desire of heart to care for those who entrust their care to us; it is your individual skill that delivers that care--directly and indirectly. As we bring together our collective knowledge, our care, and our skill for those entrusting their

care to us, we must remember to care for each other. Woven through these three elements must be a thread of having fun. Fun that lightens a Shipmate's load, fun that brings a laugh to a hectic day, or simply fun that offers a smile in the p-way. Fun reminds us all we are human. I look forward to serving you as

Please see Lamberton, continued on Page 2

Patients seen in April -- 10,883

Appointment No Shows in April -- 1,022

In April we had an 8.6 percent no-show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: Naval Hospital Twentynine Palms.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

they are military, civilian, or contract.

"Command responsibility goes far beyond the mechanics of our mission. It goes to caring about the patients and caring about the staff. I've been entrusted with the well-being of a large number of people, both staff members and patients; and you can't do that without a little bit of love. It's an awkward word and I try to stay in my spot; but you love the people you work for, and I worked for everybody here, the patients and the staff," Capt. Sourbeer said.

When asked what advice he would offer the in-coming NHTP Commanding Officer, Capt. Sourbeer said: "The most important thing a commanding officer can do is to get out of the office as much as possible and talk to people, listen, and get to know the staff." In terms of regrets, Sourbeer said if he regrets anything, it would be spending less time in his office. "When I came into the Navy, the best commanding officers I had were the ones who found time to visit patients every day and truly put their mark on their staff by their presence and caring."

Capt. Sourbeer spent the bulk of his career on the operational side of Navy medicine. He is

Lamberton, continued from Page 1

your Commanding Officer and as I started with two simple words, I will also end with those same two words, which each of you will come to know and understand during our time together. My two words to you...Thank you!" Capt. Lamberton said in the coming months his statement of thanks would be explained, but in his opening remarks, the new NHTP Commanding Officer

dual boarded in Family Practice and Occupational Medicine, Diving and Hyperbaric Medicine. He is a Flight Surgeon, Undersea Medical Officer, Surface Warfare Medical Officer, Submarine Warfare Medical Officer and has been awarded the Presidential Service Badge and the Deep Submergence Dolphins pin. His expertise in diving and hyperbaric medicine is the reason for his retention despite his retirement.

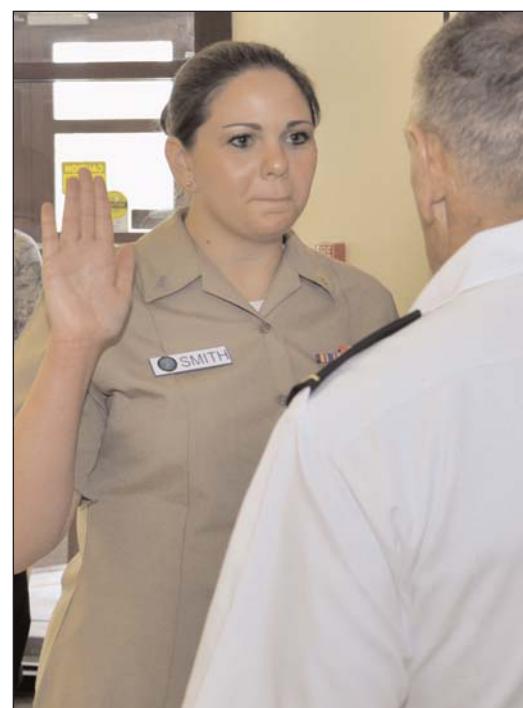
Capt. Sourbeer said he and his wife, Shelly, are looking forward to their new adventure. "We are going to Panama City Beach and I'm going to work at the Experimental Dive Unit as their Commanding Officer.

Moving to Florida will be good because we'll be close to my son who is at Florida Gulf Coast University and my son in New Jersey. Being close to family is important for us. We'll miss California, we'll miss Twentynine Palms but we look forward to a new adventure," he said.

"I will miss the desert," he continued. "I came to Twentynine Palms and like many people didn't know what to expect. It's a place I had heard of but had never seen. But since the first day, my love of the place has grown. Frankly, even though my next duty station is near my home, I could come back here with great joy. I've found great beauty here."

said, "I'd like to congratulate Capt. Sourbeer for a job superbly done. The morale and energy of this command are strong. Thank you again Jay!"

Capt. Lamberton's brother, Army Col. Hal Lamberton, sister-in-law, Karen (both from Louisville, Ky.) and his sister, Ann Swope, from Louisville, Ky., were guests of honor and Hal and Ann assisted in the Command Pinning Ceremony.



Lt. Rachel Smith, NHTP Department Head for Nutrition Management, was promoted to her current rank May 26 in a ceremony on the Quarterdeck. Promoting officer was family friend, Army Col. Jack Kaplan (Ret.), who traveled from Tampa, Fla., for the occasion. Kaplan was also Smith's commissioning officer. Lt. Smith has been in the Navy two years. Hometown is Clearwater, Fla.



Hospitalman Third Class Silvia Blas signs up for four more years April 30 in a reenlistment ceremony on the patio behind the clinics. Reenlisting officer was Lt. Cmdr. Ronald Dewees. HM3 Blas has been in the Navy seven years. Hometown is Los Angeles. Asked about her experience in the Navy, Blas said, "I like it. It's been good."

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Executive Officer

Capt. Angela S. Nimmo, NC, USN

Command Master Chief

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Lt. j.g. Blake Lyman is welcomed home from deployment May 26.

Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,

My husband will be retiring in two years after serving in the Marine Corps for his entire adult life. I look around at his friends who have already retired and I see a lot of aching bodies, ruined knees, and mental health issues that go back to the long deployments and hard physical activity. Are there any preventive measures my husband can take now so that he can maximize his physical and mental health in retirement? I feel like we're entering a new phase in life and I want my man to be the best he can be.

*Signed,
Standing By Her Man*



Vice Adm. Matthew Nathan, Surgeon General of the Navy, takes a question during Admiral's Call May 20 in Classrooms 4 & 5. Vice Adm. Nathan noted that NHTP is more like an overseas assignment and that he would talk to the detailers about getting more seasoned personnel for NHTP assignments.

Dear Standing,

It's never too late to practice healthy habits and no matter what your current lifestyle, there is always room for improvement! Serving in the military is a rewarding and stressful career and it definitely takes a toll on the body, spirit and mind. With the fluctuating rates of deployments, continued pressure to maintain weight standards, levels of fitness and long hours at work, it is expected that our bodies and minds will not be the same leaving this highly-regarded career as it was upon entry; but there are things your husband (and you) can do to prepare for your new adventure in retirement.

The Marine Corps standards do give some consideration for the seasoned Marine, but many of our active duty leaders aren't ready to accept that they aren't 18-20-years-old anymore; and that pushing 40+ means learning to hone those self-awareness skills and listen to what their bodies are telling them. It is possible to stay fit and healthy without injuring yourself.

Also, remembering to practice what they teach... self-care must be a priority! Caring for the

whole self, listening to your body, your inner voice and following your heart is all part of self-care.

Eating a well-balanced diet, getting annual healthcare screenings, staying active and taking time to pay attention to the aches and pains and use them as signs that it is time to either take a break or seek medical advice is a start. Teaming up with a primary care provider and dietitian allows you to take a powerful approach to goal-setting for your specific needs. Don't forget the spiritual and mental health aspects either. Health affects our whole self; and injury prevention and wellness must be approached the same way.

Make a list of what you want to accomplish personally and as a couple.

Continue to set goals, have fun, be silly and cultivate supportive relationships. Surrounding yourself with like-minded people that have similar goals will help you both stay on track. Seek out fun activities that support your healthy lifestyle goals and that allow you to enjoy yourself and one another. Together, these things will guide you into a happier and healthier life together.



Lt. Cmdr. Philip Sherrick, Occupational Therapist, is promoted to his current rank by promoting officer, Cmdr. Wendy Pinkham, during a June 1 ceremony. Sherrick has been a Navy officer for the past six years. He's spent a total of 25 years in the military in all four branches of the service. Hometown is Keene, N.H.



HM3 (Sel) Ronel Dalisay (left) shows off his certificate of reenlistment with reenlisting officer, Lt. Cmdr. Nathaniel Rial, in a May 26 ceremony on the Clinic patio. Dalisay, from San Diego, has been in the Navy two years. He reenlisted for five more years and has orders for Radiology School at Fort Sam Houston.



Lt. j.g. Caylin Schultz gets help with her shoulder boards from Capt. Jay Sourbeer (left) and friend, Marine Lt. Timothy Geren, 1st Tanks, in a May 12 promotion ceremony to her current rank. Lt. Schultz is a registered nurse on the Multi-Service Ward.

Super Stars...



Lt. Cmdr. Michael W. Pruitt is awarded the Navy and Marine Corps Commendation Medal "for meritorious service while serving as Department Head, Emergency Department, NHTP, from July 2012 to June 2015. He led 44 staff members and instructed 85 courses in emergency medicine topics to 36 nurses and corpsmen, increasing clinical knowledge and fostering team cohesiveness during critical emergency events. Lt. Cmdr. Pruitt's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Lt. Daniel J. Crouch, is awarded the Navy and Marine Corps Commendation Medal "for meritorious service while serving as Environmental Health Officer, Preventive Medicine Department, NHTP, from July 2012 to May 2015. He designed and executed three annual influenza campaigns for 25,000

active duty personnel and 24,000 civilians--meeting all department of defense vaccine requirements. Lt. Crouch's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Lt. Patricia Opoku, is awarded the Navy and Marine Corps Commendation Medal "for meritorious service while serving as Clinic Business Manager and Head, Operations Management Department, NHTP, from Nov. 2012 to June 2015. She successfully processed and maintained over 700 personnel security clearances to meet mission readiness while protecting critical data from unauthorized disclosure. Lt. Opoku's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Hospitalman Turkoyce Thomas-Melson is authorized to wear the Military Outstanding Volunteer Service Medal for public service for the

period of May 2010 to Nov. 2013. "Your sustained, direct and superior service in support of local communities is hereby recognized. Congratulations!"



Lt. Lincoln C. Stuart, Civil Engineer Corps, is awarded the Navy and Marine Corps Commendation Medal "for meritorious achievement while serving as Department Head, Facilities Management, NHTP, from May 2013 to May 2015. He also maintained engineering oversight for special projects providing critical infrastructure replacement and facility repairs, thereby increasing the longevity, condition, and mission performance of the hospital. Lt.j.g. Stuart's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Chief Culinary Specialist (Surface Warfare), Jose Ramirez is awarded the Navy and Marine Corps Commendation Medal "for meritorious achievement while serving as Senior Enlisted Leader, Directorate for

Administration, NHTP, from January 2013 to May 2015. As the Command Drug and Alcohol Program Advisor, he increased awareness training to 91 percent and alcohol and drug abuse management seminars for leaders to 85 percent, leading to an unprecedented 480 days of alcohol-free incidents for the Command. Chief Ramirez' distinctive accomplishments, perseverance, and devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service." Fair winds and following seas, Chief!



Hospitalman Eduardo Gaonazavala receives a Letter of Appreciation for "Your unselfish and continued support and services as a General Duty Corpsman, Maternal Infant Nursing Department, NHTP, from May 2013 to May 2015. You consistently performed your duties in an exemplary and highly professional manner. As shift leader, you led a team of three enlisted staff members in the care of 921 patients and their newborns. You independently performed 350 intravenous procedures and 210 newborn immunizations. You were instrumental in the training and orientation of ten newly assigned personnel resulting in the timely and efficient completion of all training requirements. As the Department Training Petty Officer, you managed the records of 16 fellow corpsmen ensuring all enlisted training were in compliance with the Navy and Command requirements while maintaining a 97 percent compliance rate. Your contribution towards Navy Medical care and your dedicat-

ed service has brought credit upon you, and serves as an example for all of your fellow healthcare team members. I extend my appreciation for a job "Well Done" and look forward to your continued service."

Hospital Corpsman Second Class Daniel M. Dobrick is awarded the Navy and Marine Corps Achievement Medal "for professional achievement in the superior performance of his duties while serving as General Duty Corpsman, Battalion Aid Station, Headquarters and Service Company, 3rd Light Armored Reconnaissance Battalion, 1st Marine Division, from Nov. 2011 to November 2014. He responded with immediate medical care for two Marines suffering from severe heat stroke while simultaneously orchestrating the air medevac ultimately saving their lives. Petty Officer Dobrick's initiative, perseverance, and total dedication to duty reflect great credit upon himself and are in keeping with the highest traditions of the Marine Corps and the United States Naval Service. [Signed]

M. T. Good

Lt. Col.

U.S. Marine Corps



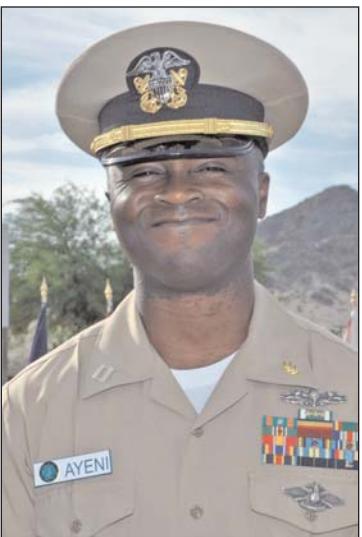
Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week



Mr. Ferdinand Cosico, patient safety specialist, Quality Management Office, receives a Letter of Appreciation: "From August 2013 to May 2015 you consistently performed your duties in an exemplary and highly professional manner, culminating in the successful Joint Commission and Medical Inspector General Survey. Your commitment to the mission is evident in your dedication to maintaining the Command's Patient Safety Program and the Culture of Safety Initiative. You approached everything with a positive 'can do' attitude and always portrayed a calm demeanor. Your peers constantly sought after you for your vast expertise in patient safety. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well Done' and wish you continued success in your future endeavors."



Ms. Holly Aguilar, Emergency Management, receives a Federal Length of Service Award for five years of faithful service to the federal government.



Lt. Temitope Ayeni, Materials Management Department Head, is presented the Charles R. Loar Literary Award from the American College of Healthcare Executives [signed]
D. J. Morrison
Commander, Fellow of the American College of Healthcare Executives



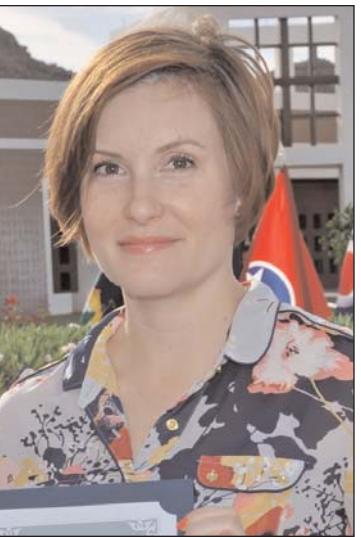
Mr. James Cox receives a Letter of Appreciation "for your unselfish and continued support and services as an Information Technology Specialist, Information Management Department, NHTP, from Apr. 2014 to Mar. 2015. During this time there have been multiple generator tests that have caused a disruption in network services. You volunteered to come in early to restore network operations before the majority of the staff members report for duty. On multiple occasions you worked diligently to restore operations so that patient care would not be affected. Your contribution towards patient care and your dedicated service bestows great credit upon yourself and serves as an example for all of your fellow healthcare team members. I extend my appreciation for a job "Well Done!"



Lt. Daniel Crouch receives a Navy and Marine Corps Commendation Medal for "Meritorious achievement in the superior performance of his duties while service as Environmental Health Officer, Preventive Medicine Department, NHTP, from July 2012 to May 2015. Lt. Crouch developed a comprehensive base-wide ebola plan and led the response of a real world scenario that was recognized by Navy Medicine leaders as the best practice for ebola action. He designed and executed three annual influenza campaigns for 25,000 active duty and 24,000 civilians meeting all DoD vaccine requirements. Lt. Crouch's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



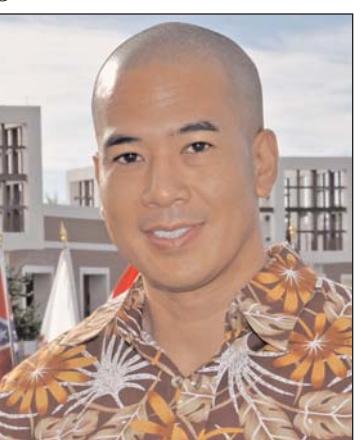
Lt. Ryan Rigby is promoted to his present rank May 11 and receives help with his shoulder boards from attentive sons and daughter while Capt. Jay Sourbeer assures all is going according to regulation.



Ms. Kimberly J. Davison, NHTP Pharmacy, receives the Good Catch Award. This certificate is awarded in recognition of valuable contributions to Naval Hospital Twentynine Palms' Patient Safety Program.



Ms. Estella Parker, NHTP Optometry Clinic, is recognized with a Federal Length of Service Award for 25 years of faithful service to the federal government.



Mr. BJ Mata, NHTP Information Management Department, is recognized with a Federal Length of Service Award for five years of faithful service to the federal government.



Hospital Corpsman Third Class Byron Geonzon receives a Letter of Appreciation "for the outstanding medical support you provided at the Naval Air Weapons Station, China Lake, from Feb. 2015 through Mar. 2015. Your willingness to provide support for our China Lake personnel to help meet medical support requirements during a critical staffing shortfall is to be commended. The medical support services and guidance you provided to our employees directly contributed to their ability to meet future mission requirements."



Hospitalman Apprentice Alejandro Felan is recognized with a Letter of Appreciation "for the outstanding medical support you provided at the Naval Air Weapons Station, China Lake, from Feb. 2015 through Mar. 2015. Your willingness to provide support for our China Lake personnel to help meet medical support requirements during a critical staffing shortfall is to be commended. The medical support services and guidance you provided to our employees directly contributed to their ability to meet future mission requirements."

Introducing New Staff -- Welcome Aboard!



Ms. Viola Degraffenreid

Ms. Viola Degraffenreid has been here since January so it's high time we reached out to her. Ms. Degraffenreid is prior active-duty Marine Corps. She's been in Twentynine Palms since 2000 and achieved the rank of corporal after serving four years. "I was an MP, a warehouseman; I did wiring at Camp Wilson, and I was a cook, but I never cooked," she said. Hometown is Norrisville, Penn. At NHTP, Ms. Deraffenreid is a Financial Technician. She married a fellow Marine in 2002. Her husband, Hussan, now works for the Dept. of Defense conducting background investigations for security clearances. They have three boys, Paul, six; Hussan, Jr., three; and Benjamin, one. Ms. Degraffenreid has two Associate's degrees and has almost completed her Bachelor of Arts degree. She enjoys Lacrosse, shopping and Christian music.



HM1 Alfredo Ruiz Borges

HM1 Alfredo Ruiz Borges arrives from Naval Hospital Pensacola, Fla., where he worked for almost five years as assistant LPO for the Preventive Medicine Department. At NHTP, HM1 Ruiz is taking his expertise to the Preventive Medicine Department. He is here with his wife, Elizabeth Nieves, and their two daughters, ages seven and five. They plan to live in Base housing. "My wife likes that the school is close to where we will be living," Ruiz said. He's been in the Navy 14 years and is originally from San Sebastian, Puerto Rico. For family activities, Ruiz says they like to eat out and travel to local attractions. Ruiz also enjoys bicycling and listening to hard-rock music. His favorite band is the German Band, Rage.



HM2 Shawn Keene

HM2 Shawn Keene has been in the Navy six years. Hometown is Geneva, Ala. Keene's previous assignment was a three-year tour on the USS Roosevelt where he was junior medical department representative for the baby doc on board (junior Corpsmen under the Independent Duty Corpsman). "It was a wonderful experience," he says. Most notable was "when I got to visit 12 countries while on deployment." Keene is married to HM3 Jessica Keene, assigned to MCAGCC's Marine Logistics Group. They met at Corps School in Great Lakes and have a daughter, Kendall, age two. At NHTP, HM2 Keene is assigned to MIND as LPO. Keene is preparing to apply to the Physicians Assistant Program. "I do plan to make a career out of the Navy, but in five to 10 years I probably won't be enlisted anymore," he said.



Ms. Lindsey Keeley

Ms. Lindsey Keeley, NHTP's new contract pharmacist, is freshly arrived from Lawton, Okla. She worked as a consultant pharmacist for an insurance company before taking leave to have a baby. "Typically, I'm a hospital pharmacist," she said. Hometown is Blanchard, Okla. She has a PhD in Pharmacy from Oklahoma University. She's married to Marine Capt. Paul Keeley, currently assigned to the First Marine Battalion, 7th Marine Regiment on MCAGCC. They have a daughter, Emmy, age two. The Keeleys are living in Base housing. "I like it," Ms. Keeley said. "But I did see two rattlesnakes." They were dead, but it was somewhat unsettling, she said. The Keeleys enjoy travel and photography. Ms. Keeley said she was wanted to enter the medical field, but choose pharmacy because she likes chemistry and dislikes blood.



HM2 Sergio Lopez

HM2 Sergio Lopez arrived to the Command May 13 from Riverine Squadron 3, based in Yorktown, Va. For the past three years, HM2 Lopez worked boat duty as a Corpsman. "I loved it," he said. Lopez describes the mission as a defensive combat vessel that patrols rivers. The expeditionary warfare Corpsman has been in the Navy seven years. Hometown is Fontana, Calif. He's been assigned to NHTP's Manpower office. HM2 Lopez is accompanied by his wife, Nancy, and son, Caiden, almost four. The family lives in Base housing and enjoys hiking and visiting family. "I love to play sports--basketball, soccer, mountain climbing, running, the average stuff," Lopez continued. For musical taste, Lopez said: "I like a lot of Spanish music, hip hop and Stylistics-type music." He says the Navy is looking more and more like a career.

NHTP Celebrates Asian American Pacific Islander Month



Performing the Maori Haka war dance



HM3 Jardine Barry and HM3 (sel) Ronel Dalisay perform the Filipino Tinkling Dance.



HN Zachariah Boydsnee



HN Max Sechler



HM3 Jeffrey Santos

Below: Ms. Kampirada (center) and her dancers perform traditional Thai dances.



May was Asian-Pacific American Heritage Month and NHTP staff celebrated with insightful remarks by guest speaker Joven Caguioa, HMC(FMF/SW/AW), USN, Ret., dancers representing Thailand, the Maori, Hawaii and the Philippines. The Galley produced a whole roast pig to set the proper gustatory theme. And Som Harz charmed all with her dancing, food, decorations, and general encouragement to get into the spirit of celebration.

Right: CS2 Stephen Fuqua, CS2 Jeffrey Eng and CS2 Josemario Decastro serve roast pig.

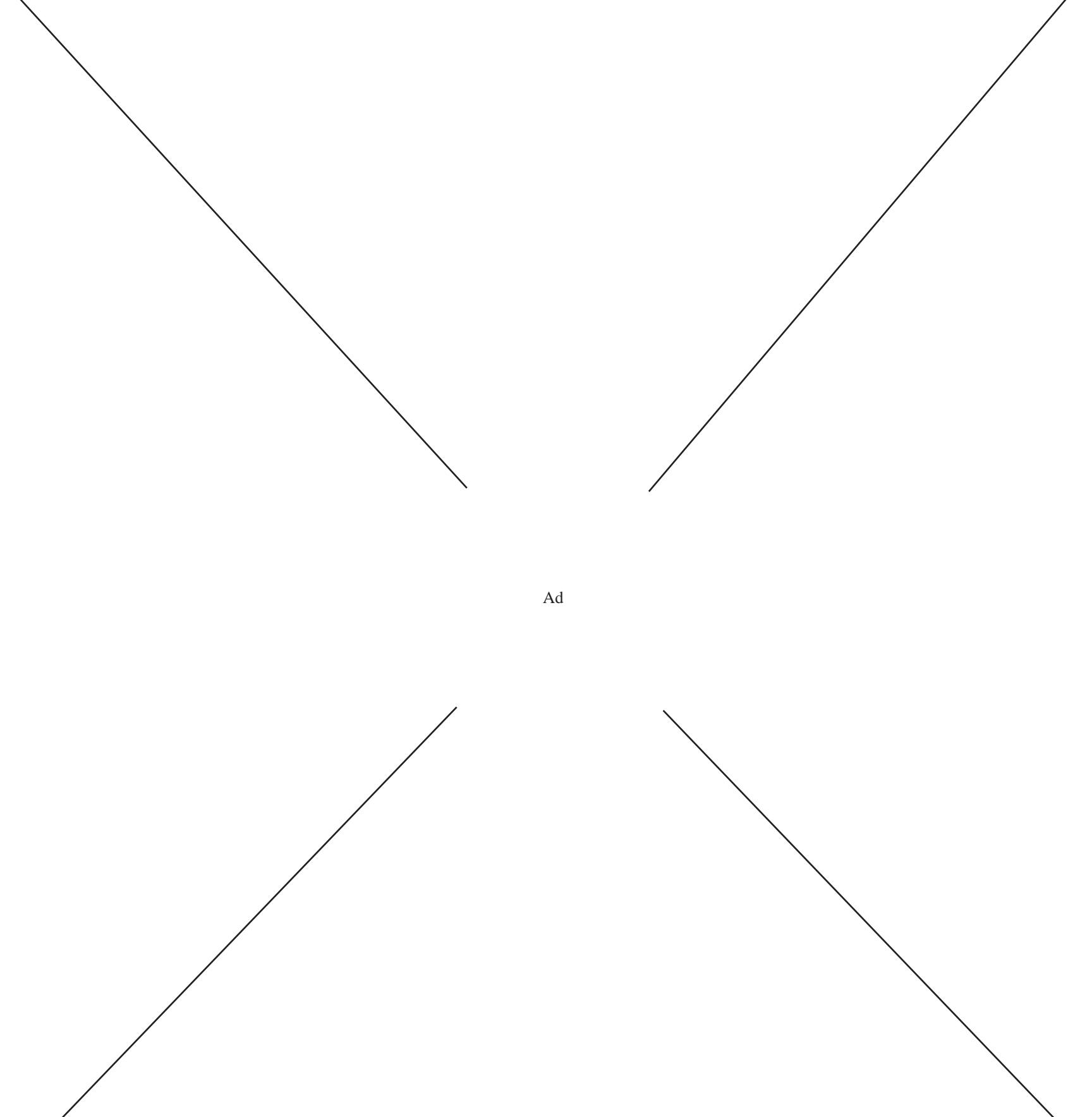


HN Jenny Monobeluna and Som Harz await their turn to dance.



NHTP Observes Change of Command and Retirement Ceremony





Ad